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**Amendment to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

**Claim 1. (currently amended)** A high tensile cold-rolled steel sheet consisting essentially of 0.04 to 0.13% C, 0.3 to 1.2% Si, 1.0 to 3.5% Mn, 0.04% or less P, 0.01% or less S, 0.02 to 0.07% Al, by mass, and a balance of Fe and inevitable impurities; having a microstructure containing 50% or larger area percentage of ferrite and 10% or larger area percentage of martensite, and having ~~0.85 to 1.5~~ of a ratio of intervals of the martensite in the rolling direction to those in the sheet thickness direction of 0.85 to 1.5; and having a ~~8 GPa or larger~~ nano strength of the martensite of 8 GPa or larger.

**Claim 2. (original)** The high tensile cold-rolled steel sheet as in claim 1 further containing at least one element selected from the group consisting of 0.5% or less Cr, 0.3% or less Mo, 0.5% or less Ni, and 0.002% or less B, by mass.

**Claim 3. (original)** The high tensile cold-rolled steel sheet as in claim 1 further containing at least one element selected from the group consisting of 0.05% or less Ti and 0.05% or less Nb, by mass.